

# International Association for Ultra Multievents (IAUM)

Indoor

Updated by MS : 26.10.2017

## Categories

## - TETRADECATHLON -

## Official Order of Events

- 1, **MEN Under 14**
- 2, **MEN Under 16**
- 3, **MEN Under 18**
- 4, **MEN Under 20**
- 5, **MEN Under 23**
- 6, **MEN**
- 7, **MEN More 35**
- 8, **MEN More 40**
- 9, **MEN More 45**
- 10, **MEN More 50**
- 11, **MEN More 55**
- 12, **MEN More 60**
- 13, **MEN More 65**
- 14, **MEN More 70**
- 15, **MEN More 75**
- 16, **MEN More 80**
- 17, **MEN More 85**
- 18, **MEN More 90**
- 19, **MEN More 95**
- 20, **MEN More 100**

Records of



**JAPAN**

- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'**
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'**
- 9, **Pole Vault'**  
1 000 m' (during 1 500 m)
- 10, **1 500 m**
- 11, **Weight Throw**
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**

**Tetradecathlon**

1, <b>MEN Under 14 (U 14)</b>	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (76,2 cm)
- 9, **Pole Vault'**  
1 000 m' (during 1 500 m)
- 10, **1 500 m**
- 11, **Weight Throw** (7,26 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**

Heptathlon' One-Day

**Tetradecathlon**

Tetradecathlon One-Day

2, <b>MEN Under 16 (U 16)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (4 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (84,0 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (9,08 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**

Heptathlon' One-Day

**Tetradecathlon**

Tetradecathlon One-Day

3, <b>MEN Under 18 (U 18)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (5 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (91,4 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (11,34 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**

Heptathlon' One-Day

**Tetradecathlon**

Tetradecathlon One-Day

4, <u>MEN Under 20 (U 20)</u>	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (6 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (99,1 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (11,34 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**

Heptathlon' One-Day

**Tetradecathlon**

Tetradecathlon One-Day

5, <u>MEN Under 23 (U 23)</u>	<u>Perf</u>	<u>Athlete</u>	<u>DoB</u>	<u>Ctg</u>	<u>Nat</u>	<u>Flg</u>	<u>Date</u>	<u>Venue</u>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (7,26 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (106,7 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (15,88 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**

Heptathlon' One-Day

**Tetradecathlon**

Tetradecathlon One-Day



8, <b>MEN More 40 (M 40)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
1, <b>60 m'</b>	8,30	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
2, <b>Long Jump'</b>	4,73	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
3, <b>800 m</b>	2.26,96	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
4, <b>Shot Put'</b> (7,26 kg)								
5, <b>400 m</b>	60,31	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
6, <b>High Jump'</b>	1,34	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
7, <b>3 000 m</b>	11.04,61	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
8, <b>60 m Hurdles'</b> (99,1 cm)								
9, <b>Pole Vault'</b>	1,95	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
1 000 m' (during 1 500 m)	3.18,8	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
10, <b>1 500 m</b>	4.56,53	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
11, <b>Weight Throw</b> (15,88 kg)								
12, <b>200 m</b>	27,32	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
13, <b>Triple Jump</b>	9,27	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
14, <b>5 000 m</b>	19.03,46	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN

### Heptathlon'

Heptathlon' One-Day

### Tetradecathlon

Tetradecathlon One-Day

9, <b>MEN More 45 (M 45)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
1, <b>60 m'</b>	8,30	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
2, <b>Long Jump'</b>	4,73	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
3, <b>800 m</b>	2.26,96	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
4, <b>Shot Put'</b> (7,26 kg)								
5, <b>400 m</b>	60,31	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
6, <b>High Jump'</b>	1,34	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
7, <b>3 000 m</b>	11.04,61	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
8, <b>60 m Hurdles'</b> (99,1 cm)								
9, <b>Pole Vault'</b>	1,95	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
1 000 m' (during 1 500 m)	3.18,8	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
10, <b>1 500 m</b>	4.56,53	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
11, <b>Weight Throw</b> (15,88 kg)								
12, <b>200 m</b>	27,32	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
13, <b>Triple Jump</b>	9,27	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
14, <b>5 000 m</b>	19.03,46	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN

### Heptathlon'

Heptathlon' One-Day

### Tetradecathlon

Tetradecathlon One-Day

10, <b>MEN More 50 (M 50)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
1, <b>60 m'</b>	8,30	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
2, <b>Long Jump'</b>	4,73	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
3, <b>800 m</b>	2.25,02	Yukio Sasano	28.01.1962	M 50	JPN	●	09.04.2016	Helsinki FIN
4, <b>Shot Put' (6 kg)</b>	8,26	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
5, <b>400 m</b>	60,31	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
6, <b>High Jump'</b>	1,34	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
7, <b>3 000 m</b>	11.04,61	Yukio Sasano	28.01.1962	M 50	JPN	●	14.04.2012	Helsinki FIN
8, <b>60 m Hurdles' (91,4 cm)</b>	11,32	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
9, <b>Pole Vault'</b>	1,95	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
1 000 m' (during 1 500 m)	3.18,8	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
10, <b>1 500 m</b>	4.56,53	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
11, <b>Weight Throw (11,34 kg)</b>	9,35	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
12, <b>200 m</b>	27,32	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
13, <b>Triple Jump</b>	9,27	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
14, <b>5 000 m</b>	19.03,46	Yukio Sasano	28.01.1962	M 50	JPN	●	15.04.2012	Helsinki FIN
<b>Heptathlon'</b> Heptathlon' One-Day	3 689 <i>ph</i>	Yukio Sasano	28.01.1962	M 50	JPN	●	14-15-4-2012	Helsinki FIN
<b>Tetradecathlon</b> Tetradecathlon One-Day	8 143 <i>ph</i>	Yukio Sasano	28.01.1962	M 50	JPN	●	14-15-4-2012	Helsinki FIN

11, <b>MEN More 55 (M 50)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
1, <b>60 m'</b>	8,59	Yukio Sasano	28.01.1962	M 55	JPN	●	08.04.2017	Helsinki FIN
2, <b>Long Jump'</b>	4,43	Yukio Sasano	28.01.1962	M 55	JPN	●	08.04.2017	Helsinki FIN
3, <b>800 m</b>	2:26,70	Yukio Sasano	28.01.1962	M 55	JPN	●	08.04.2017	Helsinki FIN
4, <b>Shot Put' (6 kg)</b>	8,03	Yukio Sasano	28.01.1962	M 55	JPN	●	08.04.2017	Helsinki FIN
5, <b>400 m</b>	62,22	Yukio Sasano	28.01.1962	M 55	JPN	●	08.04.2017	Helsinki FIN
6, <b>High Jump'</b>	1,24	Yukio Sasano	28.01.1962	M 55	JPN	●	08.04.2017	Helsinki FIN
7, <b>3 000 m</b>	11:42,62	Yukio Sasano	28.01.1962	M 55	JPN	●	08.04.2017	Helsinki FIN
8, <b>60 m Hurdles' (91,4 cm)</b>	12,62	Yukio Sasano	28.01.1962	M 55	JPN	●	09.04.2017	Helsinki FIN
9, <b>Pole Vault'</b>	1,80	Yukio Sasano	28.01.1962	M 55	JPN	●	09.04.2017	Helsinki FIN
1 000 m' (during 1 500 m)	4:17,4 <i>h</i>	Yukio Sasano	28.01.1962	M 55	JPN	●	09.04.2017	Helsinki FIN
10, <b>1 500 m</b>	6:14,53	Yukio Sasano	28.01.1962	M 55	JPN	●	09.04.2017	Helsinki FIN
11, <b>Weight Throw (11,34 kg)</b>	8,99	Yukio Sasano	28.01.1962	M 55	JPN	●	09.04.2017	Helsinki FIN
12, <b>200 m</b>	32,77	Yukio Sasano	28.01.1962	M 55	JPN	●	09.04.2017	Helsinki FIN
13, <b>Triple Jump</b>	7,36	Yukio Sasano	28.01.1962	M 55	JPN	●	09.04.2017	Helsinki FIN
14, <b>5 000 m</b>	21:44,74	Yukio Sasano	28.01.1962	M 55	JPN	●	09.04.2017	Helsinki FIN
<b>Heptathlon'</b> Heptathlon' One-Day	3 145 <i>ph</i>	Yukio Sasano	28.01.1962	M 55	JPN	●	08-09.04.2017	Helsinki FIN
<b>Tetradecathlon</b> Tetradecathlon One-Day	6 962	Yukio Sasano	28.01.1962	M 55	JPN	●	08-09.04.2017	Helsinki FIN

12, <b>MEN More 60 (M 60)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (5 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (84,0 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (9,08 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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13, <b>MEN More 65 (M 65)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (5 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (84,0 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (9,08 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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14, <b>MEN More 70 (M 70)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (4 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (76,2 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (7,26 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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15, <b>MEN More 75 (M 75)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (4 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (76,2 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (7,26 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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16,	<b>MEN More 80 (M 80)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (68,6 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (5,45 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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17,	<b>MEN More 85 (M 85)</b>	<b>Perf</b>	<b>Athlete</b>	<b>DoB</b>	<b>Ctg</b>	<b>Nat</b>	<b>Flg</b>	<b>Date</b>	<b>Venue</b>
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- 1, **60 m'**
- 2, **Long Jump'**
- 3, **800 m**
- 4, **Shot Put'** (3 kg)
- 5, **400 m**
- 6, **High Jump'**
- 7, **3 000 m**
- 8, **60 m Hurdles'** (68,6 cm)
- 9, **Pole Vault'**  
1 000 m' (*during 1 500 m*)
- 10, **1 500 m**
- 11, **Weight Throw** (5,45 kg)
- 12, **200 m**
- 13, **Triple Jump**
- 14, **5 000 m**

**Heptathlon'**  
Heptathlon' One-Day

<b>Tetradecathlon</b> Tetradecathlon One-Day
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